

# The Great Exchange: Busyness for Quiet Moments

December 15, 2024 / Bob Swickard / [Matthew 11:25-30](#)

One of the greatest distractions to our Walk with Christ is **BUSYNESS**

Sometimes we subconsciously use busyness to **DISTRACT** us from dealing with weightier matters that would draw us closer to a healthy life in Christ.

The only way to find true Peace – is by **ENCOUNTERING** it in the Living Jesus (see [Matthew 11:28](#); [Jeremiah 31:25](#))

We can't afford to miss the **POWER** that the presence of Jesus offers to us (see [Matthew 11:22-24](#); [Genesis 28:16](#))

## How can we exchange Busyness for more Peace?

- Exchange Obligation for **JOYFUL OBEDIENCE** (see [John 15:10-11](#))
- Exchange Confusion for **WISDOM** and **INTENTIONALITY** (defined by Jesus) (see [Matthew 11:29-30](#); [Colossians 1:9](#))

Instead of being Busy – ask the Lord to help you be more **FRUITFUL** ([Colossians 1:10 NIV](#))

My Notes: